

Programs for People - Fall/Winter 2009

The Thorhild & District Community Adult Learning Council is pleased to offer the following programs for October through December. Unless otherwise indicated, registration deadlines are one week prior to program commencement. All fees include GST. Please contact the County of Thorhild Community Services Office at (780)398-2806 or (780)398-3978 for more information or to register.

Yoga

Ashtanga yoga is an energetic yoga form, good for people of all ages and fitness levels. Develop strength, increased stamina, and greater flexibility through this yoga practice that will also allow you to purify your body and relieve stress through dynamic movement and precise postures. Wear comfortable clothing, bring water and a yoga mat if possible. Two session times to choose from.

Date: October 29 – December 3 (Thursdays)

Time: 5:30 – 6:30 PM OR 6:45 – 7:45 PM

Location: Thorhild Lodge(Section C) Fee: \$75 or \$15 drop in fee

Instructor: Allison Landin Minimum: 8 participants

Adult Drop-In Indoor Soccer

Are you interested in some exercise? Drop in to our weekly indoor soccer in Thorhild. This is restricted to adults 18 years and older.

Please bring indoor sneakers and lots of energy!

Date: Oct. 28 – Dec. 16 (Wednesdays) Time: 7:00 – 8:30 PM

Location: Thorhild Central School Gymnasium

Fee: \$2 per evening – collected each night

Fitness Kickboxing Introduction Evening

Looking for an energetic workout? This introductory evening will teach you 4 basic moves and give you a taste of a regular session. A normal evening session consists of warm-up, techniques, learning moves and then team workouts. If enough interest is indicated, a 4 week session will be set up in early 2010.

Date: TBA – early December Time: 7 – 8 PM

Location: Thorhild Agriplex – upstairs Fee:\$10

Instructor: Tessa Labbe Minimum: 6 participants

Standard First Aid & CPR with AED Training

This two-day program includes treatment for choking, control of bleeding, treatment and prevention of shock, immobilization of broken bones, recognition and treatment of stroke and heart attack, and automatic external defibrillator training.

Date: Oct. 24/25 (Saturday/Sunday) Time: 8:30 AM – 5:00 PM

Location: County of Thorhild – Council Chambers Fee: \$130

Instructor: Brenda Rosenthal Minimum: 6 participants

First Aid with Child Care & CPR

Similar program to the Standard First Aid course in content, focusing on treating young children.

Date: Oct. 17/18 (Saturday/Sunday) Time: 8:30 AM – 5:00 PM

Location: County of Thorhild – Council Chambers Fee: \$130

Instructor: Brenda Rosenthal Minimum: 6 participants

CPR Re-Certification Interest List

CPR certificates are normally renewed on an annual basis. Please call the Community Services Office at (780)398-3978 or (780)398-2806 to place your name on an Interest List. A class will be planned if a minimum of 6 people register.

Date: Weekday evening - TBA Time: 6:30 – 9:30 PM

Location: TBA Fee: \$40

Senior's Conference

Featuring Information Sessions on: Identity Theft, Provincial Seniors Programs update, Communications Disorders in Aging and some great entertainment. Displays and Lunch included.

Date: October 16 (Friday) Time: 9 AM – 3 PM

Location: Thorhild Community Center Fee: \$10

Deadline to Register: October 9. Call (780) 398-3978 to register.

Watercolors Painting

Splash and dabble in watercolors. Basic landscape elements will be taught that progress in difficulty through three levels (3 Wednesday night session). If choosing the Saturday session, the amount of material covered will be condensed. All supplies are included in the fee.

Three Night Session:

Date: Oct. 7, 14, 21 Time: 6 – 9 PM Fee: \$105

Saturday Session:

Date: Oct. 24 Time: 10 AM – 4 PM Fee: \$65

Both Sessions:

Location: Thorhild Drop In Centre Minimum: 6 participants

Angel Card Messages

Back by popular demand. Come to a fun evening of learning to read the messages the Angel Cards have for you. A deck of Angel cards to take home is included in the fee.

Date: November 2 (Monday) Time: 7 – 9 PM

Location: County of Thorhild – Family Center Fee: \$63

Instructor: Laurie Laursen Minimum: 5 participants

Law of Attraction Evening

Come to a fun, interesting evening to learn more about this powerful & amazing law, and find out how you can consciously make it work in your life to improve your well-being, abundance, relationships, or what ever else is important to you.

Date: November 9 (Monday) Time: 7 – 9 PM

Location: County of Thorhild – Family Centre Fee: \$30

Instructor: Laurie Laursen Minimum: 5 participants

Strudel Making Interest List

Interested in the fine art of making strudel, a delectable dessert? Please call the Community Services Office at (780)398-3978 or (780)398-2806 to place your name on an Interest List. A class will be planned if a minimum of 6 people register.

Date: TBA Time: 9 AM – 1 PM

Location: Thorhild Drop In Center Fee: \$35

Instructor: Connie Kassian

Redwater Quilters Guild Information

Are you interested in learning the remarkable art of quilting? The Redwater Quilter's Guild offers beginner classes and project workshops for experienced quilters. Classes run on Saturdays at the Redwater United Church. For more information, call: Beverly Chorney – (780)736-2203 or Lois Andrews - (780)942-3847.

Canadian Firearm Safety Course – Non-Restricted

This program is aimed at individuals applying for their Firearm Acquisitions and Possession License or Possession License for Minors. Course content includes the safe storage, handling and transportation of firearms.

Date: October 25 (Sunday) Time: 9 AM – 5 PM

Location: TBA

Instructor: Jack Reader Minimum: 5 participants

Fee: \$100 – Course manuals extra, available through our office.

Canadian Firearm Safety Course – Restricted

This course is for those individuals applying for their Restricted Firearms License as a follow up to their Non-Restricted License. Study manual available through the Community Services Office to borrow.

Date: Sept. 28 (Wednesday) Time: 6:30 – 9:30 PM

Location: County of Thorhild – Council Chambers Fee: \$60

Instructor: Jack Reader Minimum: 5 participants

Air Brake Certification

This program is aimed at the person wanting to obtain the “Q” designation on their driver’s license or those planning to take their Class 3 exam. Certificates are issued after course completion.

Date: November 14 (Saturday) Time: 8 AM – 6 PM

Instructor: Gennaro Transport Training Fee: \$155

Minimum: 8 participants

Rita MacNeil & Men of the Deeps Excursion

Hop the bus and enjoy some world-class entertainment at the Jubilee Auditorium in Edmonton. Fee includes admission and transportation. We’ll stop for supper before the show.

Date: December 1 (Tuesday) Fee: \$86

Time: Depart at 4:00PM, Show at 7:00 PM

Athabasca Christmas Choir Excursion

Hop the bus and enjoy a beautiful afternoon of Christmas music at the Nancy Appleby Theatre in Athabasca. Fee includes transportation, admission to concert is by donation at the door.

Date: December 13 (Sunday) Minimum: 10 participants

Time: Depart at 1PM, Show at 2:30 PM Fee: \$15

Referee Clinic - Hosted by Thorhild Minor Hockey

Instructors from Hockey Alberta will provide participants with the rules and regulations for refereeing hockey. Individuals must attend the full two-day clinic to become certified. Skates, helmet and whistle are required for the ice session. Manuals and other supplies may be purchased from the instructor. Please bring along a pencil and paper for the classroom session, and if you are a returning referee, then bring along your rule/casebook.

Date: November 7/8 (Saturday/Sunday)

Time: 8:30 AM – 4:30 PM Location: Thorhild Agriplex

Fee: To promote local referee participants, Thorhild Minor Hockey will cover registration fees. **Call Monty Bauer at (780) 398-2537 to register for this program.**

Rural Community Information Series

In partnership with the County of Thorhild Agricultural Service Board and the Northwest Regional Conservation Alliance, the following seminars will be offered this fall. Please watch your local newspaper for more information or call our office at (780)398-3978.

Shelterbelt & Woodlot Information Session

New and upcoming information on shelterbelts, shelterbelt planning and woodlots, as well as new methods for using wood bio-energy.

Lots of great information for anyone living in a wooded area!

Date: TBA – early December Time: evening – 3 hours

Location: Newbrook Community Center Fee: \$5

Winter Feeding Discussion

Spend an afternoon discussing new and different ideas about wintering cattle. This will be a facilitated open discussion covering topics like: feeding programs, dealing with different forage types, what is working/not working and why? This will be a great opportunity to share your ideas, get some new ones and solve some problems.

Date: TBA – mid-November Time: afternoon – 3 hours

Location: County of Thorhild – Council Chambers

Fee: \$35/farm unit

Vision Board Workshop Interest List

What does putting together a board with pictures of things you want on it, have to do with creating the life you want? Come and have a fun evening of cutting & glueing, and find out how something so simple can help support you in creating your desires. Please call the Community Services Office at (780)398-3978 or (780)398-2806 to place your name on an Interest List. A class will be planned if a minimum of 5 people register.

Cost - \$51 Time: 3 hours

Babysitter Safety

A great training program for the teen or pre-teen interested in making extra money babysitting. The program includes: the role of the babysitter, positive behavior management, home & outdoor safety & injury prevention, fire safety and first aid.

Date: October, 2009 (Two Saturdays) Time: 9 AM – 4 PM

Location: County of Thorhild – Family Center Fee: \$20 (includes manual)

Course Registration Information

- You are NOT registered until your fee is paid. Classes are filled in the order that fees are received.
- You may register for courses by calling 398-3978 or registering in person at the Agriculture and Community Services Office at the County of Thorhild Administration Building.
- Payment may be made by cash or cheque. If you pay by cheque, please date the cheque the same date as the first class day.
- Unless otherwise indicated, the deadline to register for any program is one week prior to the program start date.
- Refunds will be given for programs cancelled due to lack of registration. NO refunds will be issued after the registration deadline; however consideration will be given to special circumstances.
- Refund requests prior to registration deadline will be subject to a \$5 cancellation fee for programs whose fees are up to \$100; \$10 cancellation fee for programs with fees over \$100.
- You will be notified if a program is cancelled.
- For full day courses, each participant is responsible for their own lunch, unless otherwise indicated.
- Adult learning programs must have over 50% participant registrants that are over the age of 18.



Community Adult Learning Councils

Lifelong learning...it's our business